

Advent

MORNING PRAYER

Monday

In the name of the Father, and of the Son, and of the Holy Spirit. **Amen.**

REFLECTION

Advent is the Season when you prepare for Christmas and the coming of Jesus into your life.

You need to prepare for his coming by making room for him.

Have you made space for God?

Is there room for him in your soul?

God came near to the Israelites in the desert, where everything is empty and silent.

In the stillness of the desert, they were able to hear God speak to them, and learn how to live by his law.

In the desert, the Israelites had no-one to turn to for help, except to the God whom they learnt to call their 'Father'.

This Advent, resolve to make some empty space for God.

To make room for him.

Maybe spend a few moments of silent prayer in the chapel during the day, or say Night Prayers from your Service Book before going to bed at night.

Maybe turn off your smart phone for half an hour and read something spiritual.

If you do any of these things,

you will feel the joy of Christmas more deeply than ever before.

PRAYERS

As we begin to prepare for Christmas, let us pray for the inspiration to make room for Jesus in our hearts.

Lord, hear us...

This Advent, as is our custom, we will buy clothes and gifts for the homeless on the streets of London through our Advent Collections.

Let us pray that they find the comfort of faith in Christ.

Lord, hear us...

St. Philip: Pray for us.

House Saint: Pray for us.

In the name...

Advent

Tuesday

In the name of the Father, and of the Son, and of the Holy Spirit. **Amen.**

REFLECTION

John the Baptist personifies Advent.

He was the first human being to leap with joy at the coming of Jesus when he was still in the womb of his mother.

John lived in the desert, calling people out of the comfort of their homes to prepare for the coming of Jesus as Saviour of mankind.

When people asked who he was, whether he was one of the Prophets or even the Messiah, John said '*I am the voice of one crying in the wilderness.*'

John was the voice and Jesus is the Word.

John cries out to the world '*Prepare the way of the Lord!*'

This Advent, make a path so that the Lord can come towards you. Flatten out the obstacles and barriers that prevent him from coming to knock at the door of your soul.

In Advent you might sing '*O Come, O Come Emmanuel*', but how can he come near, if you block his pathway?

PRAYERS

Let us pray for the coming of his kingdom in our lives.

Our Father....

St. John the Baptist: **Pray for us.**

St. Philip: **Pray for us.**

House Saint: **Pray for us.**

In the name of the Father, and of the Son, and of the Holy Spirit. **Amen.**

Advent

Wednesday

In the name of the Father, and of the Son, and of the Holy Spirit. **Amen.**

REFLECTION

**Extract from *Advent* by Caryl Houselander,
a spiritual writer.**

“Advent is a time of darkness, of faith.
We shall not see Christ’s radiance in our lives yet;
it is still hidden in our darkness,
just as he was hidden in the darkness of Mary’s womb
until his birth.
Christ was dependent on Mary during Advent.
He was absolutely helpless in her womb.
He could go nowhere, but where she chose to take him.
He is the Word, but he could not speak;
her breathing was his breath.
His heart beat in the beating of her heart.

The modern world’s feverish struggle for unlicensed freedom is
answered by the bound, enclosed helplessness of Christ.
The dependence of Christ lays great trust on us.
He asks that he may grow secretly within us too.
That he may be the light shining in the hidden darkness of our
souls.”

PRAYERS

Let us ask Mary, Mother of God, to pray for those persecuted
Christians who have to carry Christ secretly in their hearts.
Hail Mary...

NOTICE

*Remember that the Advent collection will be taken tomorrow and on Friday
to buy clothes and gifts for the homeless.*

Advent

Thursday

In the name of the Father, and of the Son, and of the Holy Spirit. **Amen.**

ROSARY REFLECTION

Let us pray the Rosary today, especially for those for whom we are collecting this Advent.

FIRST JOYFUL MYSTERY: THE ANNUNCIATION

The angel said to Mary, 'Do not be afraid, Mary, for you have found favour with God. And now, you will conceive in your womb and bear a son, and you will name him Jesus.'

1x Our Father, who art in heaven, hallowed be thy name. Thy Kingdom come, thy will be done on earth as it is in Heaven. **Give us this day....**

10x *Hail Mary full of grace the Lord is with thee. Blessed art thou amongst women, and Blessed is the fruit of they womb, Jesus. Holy Mary...*

1x *Glory be to the Father, and to the Son, and to the Holy Spirit. As it was....In the name..*

Advent

Friday

In the name of the Father, and of the Son, and of the Holy Spirit. **Amen.**

FRIDAY PRAYER

Remember that you can go to the Chapel for Confession this lunchtime.

THOMAS AQUINAS PRAYER FOR A WATCHFUL HEART

Grant me, O Lord my God
a mind to know you,
a heart to seek you,
wisdom to find you,
conduct pleasing to you,
faithful perseverance in waiting for you,
and a hope of finally embracing you.
Through Christ our Lord,
Amen.